Become a Certified Teacher!
ONLY 2 SPOTS LEFT!!
Course starts TONIGHT!
Summer TESOL Course:
July 20-25
United TESOL International College of Teacher Training 562-8370 41 York St. ByWard Market

BEAUTY BOOSTER
WATERMELON WORKS ON SKIN {page 14}

A-LOHAN
STAR TO SERVE ISOLATED TIME
GET THE DISH {page 11}

OTTAWA metro®
Tuesday, July 20, 2010
www.metronews.ca
Share this copy with a friend

Semrau ruled not guilty of murder

- Captain convicted of disgraceful conduct, faces maximum five-year prison term
- Soldier shot two rounds at dying Taliban fighter in Afghanistan, court heard

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Capt. Robert Semrau arrives with his wife, Amelie Lapierre-Semrau, yesterday to hear the verdict in his court martial in Gatineau.

An unprecedented court martial has found Canadian Forces Capt. Robert Semrau not guilty of murder in a battlefield shooting in Afghanistan.

He was also acquitted of attempted murder and negligent performance of duty, but convicted on a military charge of disgraceful conduct.

Bill Semrau, Robert's brother, thanked the lawyers and others who showed support. But he said the family took little solace in the decision.

"As a family, we're disappointed in the verdict," he said.

"We've always believed my brother did nothing wrong."

"We proved the fact that he shot and wounded an unarmed man, that's what we proved beyond a reasonable doubt."
LT.-COL. MARIO LEVEILLE

Lt.-Col. Mario Leveille, one of the prosecutors, said he couldn't explain the panel's finding that Semrau was not guilty of murder or attempted murder, but was guilty of disgraceful conduct for shooting the insurgent.

Semrau's lawyers will be back in court today to present a Charter of Rights argument over military sentencing procedures.

The five-member court panel, the equivalent of a military jury, spent two and a half days considering the case against the 36-year-old officer.

THE CANADIAN PRESS

Wellness

Save your skin this summer

- Skin becomes more vulnerable to the sun's rays as the mercury rises
- Experts offer tips on how to prevent damage {page 12}

Conrad Black makes bail

Disgraced media baron wins bid for release {page 5}

There's a new Gleek in town

Singer, 18, provokes controversy by getting Botox before joining cast of Glee {page 10}

Arrest made in case of missing Alberta couple

'Person of interest' in disappearance tracked down, arrested in rural Alberta {page 5}

Candidate urges accountability

Jane Scharf pledges to cut corruption if elected {page 3}

LIKE WHAT YOU SEE? WAIT UNTIL YOU TASTE IT.

Introducing Unity, the new Jackson Triggs. Over the next few months you're going to notice a difference in the look of our bottles. It's more than the union of a bold new label with a difference you can taste. It's more than the celebration of blending premium wines from here and around the world. It's about coming together, period.

WIN A VIP WINERY EXPERIENCE
Scan with your phone for your chance to win.
And Like us on facebook for a free wine tasting.
Need a QR code reader? Please go to SKUyou.com on your mobile phone to download the application.

Please drink responsibly. **www.jacksontriggswinery.com**

Accused silent in stabbing trial

A man accused of stabbing a woman to death in a seventh-floor apartment on Riverside Drive Saturday appeared in court yesterday.

Wearing an untucked blue dress shirt and standing with his arms in front of him, Tamrat Gebere, 35, scanned Courtroom 6, but didn't speak during his brief appearance in which he was ordered by the judge not to have contact with an 18-month-old child and another person.

Gebere, who was charged with second-degree murder after the death of a woman, was remanded into custody following the appearance.

His next appearance is in Courtroom 5 on July 26 by video.

Police were called to 1541 Riverside Dr. Saturday afternoon. The Ottawa police major crime section said the death appeared to be a domestic homicide. Police have not released the identity of the woman pending notification of next of kin, but she is believed to be Gebere's wife. An autopsy was conducted yesterday.

Gebere's lawyer is Stuart Konyer, but lawyer Samir Adam, who appeared on his behalf yesterday, said because it was "such a recent event" and "a serious situation," he couldn't comment further.

TRACEY TONG

STEVE COLLINS/METRO OTTAWA

▶ Ottawa's seventh homicide of the year occurred at 1541 Riverside Dr. Saturday.

Scharf wants city more accountable

Candidate is the only woman running for mayor

TIM WIECLAWSKI
@METRONEWS.CA

It's all about accountability for mayoral candidate Jane Scharf.

"I see a lot of things that need to be cleaned up and nobody seems to be doing anything about it," she said. "None of the other candidates are making any significant recommendations for accountability."

If she is elected mayor, Scharf would create an Inspector General's office to investigate locally operated government-funded agencies including city hall, for Ottawa police, hospitals and the Children's Aid Society. Scharf said an inspector general would ultimately save the city money by reducing corruption.

Scharf's stance

Scharf's thoughts on the other major issues.

- **Proposal** She is against the current Lansdowne Partnership Proposal because there is no clear mandate from voters for what amounts to privatizing half of the park.
- **City LRT plan** She is against the current light rail plan because the city did not fully examine all the options.
- **Food security** Scharf would establish a Food Security council.

1,467 The number of votes Scharf received when she ran for mayor in 2006. She placed fourth out of seven candidates.

TIM WIECLAWSKI/METRO OTTAWA

▶ Although mayoral candidate Jane Scharf is a long shot, she believes she can win if people get a chance to hear from her directly.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small goes bargain hunting in a stagnant stock market. More at metronews.ca/investing

Reason to switch #163:

With $250 I got a new suit for my job interview.

SWITCH & GET UP TO $250

Switch your chequing account to TD Canada Trust and experience the comfort of up to $250[1] cash. Ask us how.
www.tdcanadatrust.com/switch • 1-800-281-6562

TD Canada Trust
Banking can be this comfortable

[1] Conditions apply. See us for details. Offer available May 25 to July 23, 2010 but may be changed, extended or withdrawn at any time without notice.

From shuttle to spelling bee, LiDAR in the light

Laura Newcombe won the 2010 Canwest Canspell National Spelling Bee by spelling 'LiDAR' LiDAR stands for Light Detection and Ranging

TIM WIECLAWSKI
@METRONEWS.CA

Until she was asked to spell LiDAR, Laura Newcombe had no idea what it was, but she's learning a lot about it now.

"I just thought of radar, because it's like a radar that uses light," she said. "LiDAR are pretty interesting."

After she won, Iain Christie, president of Neptec Design Group, an Ottawa-based company specializing in LiDAR technology, invited her to visit their offices on Legget Drive. LiDAR is used to create three dimensional models of objects.

Neptec's TriDAR, which partners a triangulation sensor with LiDAR, was used for the first time during a Discovery shuttle mission to the International Space Station last August.

TIM WIECLAWSKI/METRO OTTAWA

▶ Astronaut Kevin Ford, left, presents Neptec Design Group president Iain Christie with an autographed flight badge from the crew of Space Shuttle Mission STS-128.

The technology was used during rendezvous and docking with the International Space Station to give astronauts aboard the Discovery shuttle extra guidance information.

Shuttle pilot Kevin Ford also spoke about his mission yesterday.

"There's a lot of stuff that goes on a mission that people don't know about because it's things like station construction, but it's a big deal when someone has something in the payload bay," said Ford.

"It was a big deal for us, that's for sure," said Christie. "You can do as much work as you can on the ground, but you never know if it's going to work until you get up there."

SEAN TABARES FOR CRUSH IMPROV

▶ Improv artists Brad MacNeil and Cari Leslie perform. Tickets to My Summer Crush are $12.

Ottawa gets summer crush on improv

A new improv series at Arts Court aims to bring in comedy lovers who wouldn't necessarily attend clubs, the executive director at Arts Court said yesterday.

"It's a different atmosphere," said Linda Balduzzi. "The audience is part of the process. And because it's an intimate venue, everyone feels they can contribute to the show."

My Summer Crush Improv, which opens tonight and runs July 27 and Aug. 3, 24 and 28, features the local professional performers of Crush Improv.

"There's a huge demand for improv in Ottawa," said Brad MacNeil, who co-hosts and stars along with Al Connors. Ottawa, in fact, was the birthplace of the Canadian Improv Games.

SUBMITTED PHOTO

"Improv offers a one-time only show. It's unique, unlike movies that are the same every time you watch it. This is a far more satisfying experience."
BRAD MACNEIL

My Summer Crush Improv, which also features Averie MacDonald, Des Connors, Tim Anderson, Tamar Wolofsky, Amber Forgie, Joel Garrow and Laura Hall, is part of the Downtown Rideau Summer Fling series. TRACEY TONG

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.

Orchestras hit all the right notes at LeBreton Flats

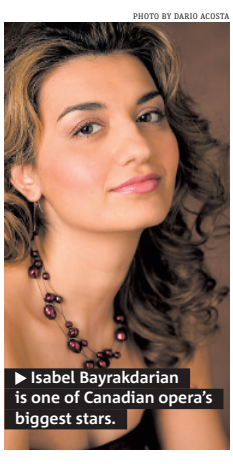
Bluesfest wrapped up earlier this week, but that's no reason for LeBreton Flats Park to go quiet.

If you're suffering from outdoor concert withdrawal, fear not — the National Arts Centre and the National Capital Commission kick off the 2010 edition of Orchestras in the Park Thursday.

"Orchestras in the Park is one of the highlights of the season for the NAC Orchestra," said Christopher Deacon, managing director of the NACO. "It is so rewarding to bring such enjoyable music to such an appreciative crowd of all ages."

TRACEY TONG

PHOTO BY DARIO ACOSTA



▶ Isabel Bayrakdarian is one of Canadian opera's biggest stars.

Outdoors

Held at LeBreton Flats Park, the free concerts feature the biggest names in Canadian pop, opera, and classical music.

- **Classicists** Orchestre de la Francophonie performs the works of Beethoven and Schumann Thursday.
- **Operatic highlights** Opera under the Stars, featuring soprano Isabel Bayrakdarian and tenor Michael Schade, perform highlights from Le nozze de Figaro, Don Giovanni, and Così fan tutte, and The Barber of Seville and Carmen Friday.
- **Olympics chanteuse** Nikki Yanofsky performs with the National Arts Centre Orchestra Saturday.
- **Gershwin** The National Arts Centre Orchestra performs Gershwin in the Park Sunday.
- **Rain or shine** All concerts begin at 7:30 p.m. and run rain or shine, but get there early to enjoy a roaming brass trio and the child-friendly kids zone.

Bed of cans a dream for food bank

Summer is a tough season for donations to the Ottawa Food Bank and other agencies, but the Delta Ottawa Hotel isn't taking that lying down.

Yesterday, the hotel unveiled a bed made entirely of canned goods collected over the past four weeks that will be donated to the food bank.

"People just aren't donating in July and August," said Ottawa Food Bank executive director Peter Tilley. "Their minds turn to vacation ... Any event we can have to get canned goods into the warehouse is fantastic."

TIM WIECLAWSKI/METRO OTTAWA

▶ Delta's Community Cruiser national ambassador Suzanne Lalonde sits beside a bed made out of canned goods that was donated to the Ottawa Food Bank yesterday.

The Ottawa Food Bank delivered two tons of food to the Shepherds of Good Hope food kitchen after they sent out an urgent call for donations last Thursday.

TIM WIECLAWSKI

CONRAD BLACK

Baron makes bail

Conrad Black won his bid for bail yesterday after a U.S. Supreme Court ruling last month weakened the law that was used to convict him and send him to prison.

However, Black's appeal lawyer, Miguel Estrada, said his client had not yet been released.

"He is not yet out," Estrada said in an email.

"The terms will be set by Judge (Amy) St. Eve, as soon as we can get in front of her."

St. Eve presided over Black's criminal trial in 2007 in Chicago.

Black and three other former executives from Hollinger International were convicted of swindling the company's shareholders out of $6.1 million US.

Black is the only one still in jail.

THE CANADIAN PRESS

H1N1 vaccine was worth it: Analysis

THE CANADIAN PRESS

▶ The figure doesn't include children under 12. The vaccine was recommended for children six months and older.

Report lauds program despite Ontario having lowest vaccination rate

Ontario's H1N1 vaccination program averted nearly one million cases and as many as 50 deaths, a newly published cost-analysis of the program suggests.

In related news, Statistics Canada released figures yesterday that show 41 per cent of Canadians over age 12 said they got an H1N1 vaccine shot last fall.

The actual national figure is likely higher, because the report did not include people living in the northern territories — where earlier this year uptake was estimated to be over 60 per cent in Nunavut and Northwest Territories and about 53 per cent in Yukon.

The Ontario cost analysis study was done by Beate Sander, a health economist with the Ontario Agency of Health Protection and Promotion. The article was published in the journal Vaccine.

"At $180 million, it was a costly program, but it was also highly cost effective."

BEATE SANDER, HEALTH ECONOMIST WITH THE ONTARIO AGENCY OF HEALTH PROTECTION AND PROMOTION

She and her co-authors said Ontario could have seen an additional 420 hospitalizations, 28,000 visits to hospital emergency departments and 100,000 visits to doctors' offices if it hadn't offered the flu shot program.

Sander noted, though, that if the vaccine had arrived any later the program wouldn't have been as cost-effective as it was.

That's because Ontario started vaccinating just before the peak of the second wave of H1N1 infections and a lot of people had already been sick at that point.

THE CANADIAN PRESS

Parking will be at a premium

Canadian drivers could soon feel more of a pinch from parking lot rates. That's according to a survey by Colliers International that says rates have climbed a modest two per cent over the past year.

But Colliers expects parking rates to continue to rise, especially toward the second half of 2011. The real estate company says limited supply will be a factor.

The survey finds only 10 parking garages with 1,800 spots are expected to be added in Canada over the next two years.

Calgary remains the most expensive Canadian city to park in, followed by Toronto and Montreal.

$224

Canada's current median monthly parking rate, according to the survey by Colliers International.

THE CANADIAN PRESS

MPPs still mum on OPP raid

Ontario cabinet ministers are staying silent in the wake of a police raid on a provincial government office complex.

Last Thursday, OPP raided a Toronto building that houses 13 ministries and the offices of several cabinet ministers. Neither the police nor the government will say which ministries were the target of the raid.

THE CANADIAN PRESS

Driver was underage: Police

An underage boy was behind the wheel during a car rollover in Toronto that's left one of his four teenage passengers on life support, police said yesterday. The 15-year-old boy was trying to make a right turn when the car flipped Sunday. A 16-year-old passenger in the back seat was not wearing a seatbelt and was thrown from the car.

THE CANADIAN PRESS

RCMP/THE CANADIAN PRESS

▶ Travis Vader

Arrest linked to missing couple

Police have arrested a violent fugitive they have been looking for as a "person of interest" in the case of an Alberta couple last seen more than two weeks ago.

RCMP said Travis Edward Vader, 38, was surprised by police and taken into custody at a rural home near Niton Junction between Edmonton and Edson, Alta., early yesterday morning.

"He was arrested leaving the residence," said RCMP Sgt. Tim Taniguchi.

"It was without incident. No one was injured."

Lyle and Marie McCann, both in their 70s, were last seen July 3 on a surveillance video as they gassed up their motor home in their home town of St. Albert, just north of Edmonton. They were on their way to meet family in British Columbia for a camping trip.

The Edmonton RCMP emergency response team, Edmonton city police tactical unit and the fugitive apprehension team were all part of the arrest of Vader, who was wanted on outstanding warrants related to firearms and property offences.

Police said Vader, who was in custody at the Edson detachment, was to be interviewed concerning the McCanns. No charges were laid. "He is still a subject of interest in this case," Taniguchi said. "We believe he has information in relation to the whereabouts of the McCanns."

RCMP also said the location where Vader was arrested would be the focus of their investigation.

THE CANADIAN PRESS

Reason to switch #109:

I switched because I can bank between soccer and storytime.

OPEN 8 'TIL LATE[1]

Switch your chequing account to TD Canada Trust and experience the comfort of up to $250[2] cash. Ask us how.
www.tdcanadatrust.com/switch • 1-800-281-6562

TD Canada Trust
Banking can be this comfortable

[1] Individual branch hours vary. [2] Conditions apply. See us for details. Offer available May 25 to July 23, 2010 but may be changed, extended or withdrawn at any time without notice.

News in brief

Rare primate, rarer photo

SRI LANKA. Researchers in a central Sri Lankan forest have photographed a rare primate that was feared extinct for more than 60 years, the Zoological Society of London said yesterday.

A Horton Plains slender loris was caught on camera after lengthy surveys of the forest by researchers from the society, the University of Colombo and the Open University of Sri Lanka.

Team leader Saman Gamage said the mammal was not sighted for decades until 2002.

Whoops! That's not Mecca

INDONESIA. People in the world's most populous Muslim nation have been facing Africa — not Mecca — while praying.

Indonesia's highest Islamic body acknowledged yesterday it made a mistake when issuing an edict in March saying the holy city in Saudi Arabia was to the country's west. It has since asked followers to shift direction slightly northward during their daily prayers.

"Everybody is doing it or is planning to do it."

TEXAS. Everyone from lobbyists to lawyers and journalists is rushing to get permits to carry guns inside the Texas Capitol, where legislators already often tote pistols at work.

A unique loophole in a new security procedure means those certified to carry a gun can bypass metal detectors.

THE ASSOCIATED PRESS

India train wreck raises questions

- Sixty-one killed and at least 125 injured, police say
- Two drivers of high-speed train among dead

The 22-year-old was asleep on the overnight train, headed to his distant job at a call centre, when an enormous jolt awakened him and his coach flipped.

He lay with his leg broken for five hours, crushed under the dead bodies of other passengers as he waited for help.

The powerful crash between two express trains at a station in eastern India early yesterday morning killed 61 people and injured scores more.

The force of the crash was so intense the roof of one car was thrust onto an overpass above the tracks.

Railway Minister Mamata Banerjee rushed to the site of the crash and raised the possibility it was another case of sabotage.

BIKAS DAS/THE ASSOCIATED PRESS

▶ A man pastes photos of dead and injured passengers at a hospital in West Bengal state yesterday.

But there no immediate indication that rebels were to blame, and railway officials said the cause of the crash was unclear.

At about 2 a.m., the fast-moving Uttarbanga Express slammed into the Vananchal Express as it was leaving the platform at Sainthia station, about 200 kilometres north of Calcutta.

Two passenger cars and a luggage car of the Vananchal Express were destroyed, leaving a tangle of twisted metal.

THE ASSOCIATED PRESS

Rail accidents

- Accidents are relatively common on India's sprawling rail network, which is one of the world's largest but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error.
- Yesterday's wreck was the second major train crash in West Bengal state in two months. On May 28, a passenger train derailed and was hit by an cargo train, killing 145 people. Authorities blamed sabotage by Maoist rebels for that crash.
- A handful of accidents in north India in January killed at least a dozen people and were blamed on heavy fog that impaired visibility. Other fatal crashes happened when rickety rail bridges give way.

Are you a parent with Depression?

Both you and your child can benefit when you seek help

We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale de l'université d'Ottawa

For more information contact Wendy Fusee:
(613) 722-6521 ext. 7828
Wendy.Fusee@rohcg.on.ca

CAREER TRAINING

Go to the Heart of Your Career!

Train to become a Cardiology Technologist

NPTPUB1L

Programs and Schedules Vary by Campus.
Career services assistance available.
Morning and afternoon classes available.
Financial assistance may be available for those who qualify.

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

CALL NOW! 1-866-838-7158
Apply online at www.EverestCanHelp.ca
OTTAWA EAST
(St. Laurent Shopping Centre, next to Florida Fitness)
17 Convenient Locations in Ontario!

Lockout paralyzes imports

- Employers say locking out longshoremen will cost millions a day
- Union has not had deal since 2008

Wine from Europe, imported sofas and some merchandise destined for Wal-Mart are among the numerous imported consumer goods affected by a lockout that began yesterday at the Port of Montreal.

"Between 70 and 80 per cent of the goods that you consume go through the Port of Montreal for the province of Quebec and Eastern Canada," said Gilles Corriveau, spokesman for Maritime Employers Association, which issued the lockout.

Commercial operations at the Port of Montreal essentially came to a halt after 900 longshoremen were locked out by the employers group over pressure tactics related to contract negotiations.

The issue for the union is job security, as well as keeping guaranteed payments when longshoremen are on call and waiting for work.

The Port of Montreal, the second largest after the Port of Vancouver, says it generates spinoffs of some $2 billion annually, and creates more than 17,600 direct and indirect jobs.

THE CANADIAN PRESS

Dispute

- **Management** The employers say a lockout is necessary because pressure tactics had started to affect the port's operations.
- **Labour** A union spokesman said 169 longshoremen with the least seniority recently had their guaranteed pay cut and union members responded by working less overtime.
- **Government** Federal Labour Minister Lisa Raitt issued a statement saying she was "disappointed" in both sides.

News in brief

BP's cleanup costs pile up

LONDON. Oil company BP says the cost of dealing with the Gulf of Mexico spill has now reached nearly $4 billion US. The company says it's made payments totalling $207 million to settle individual claims for damages.

THE ASSOCIATED PRESS

Indonesia. Coffee

▶ A civet cat climbs a coffee tree to eat ripe cherries.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

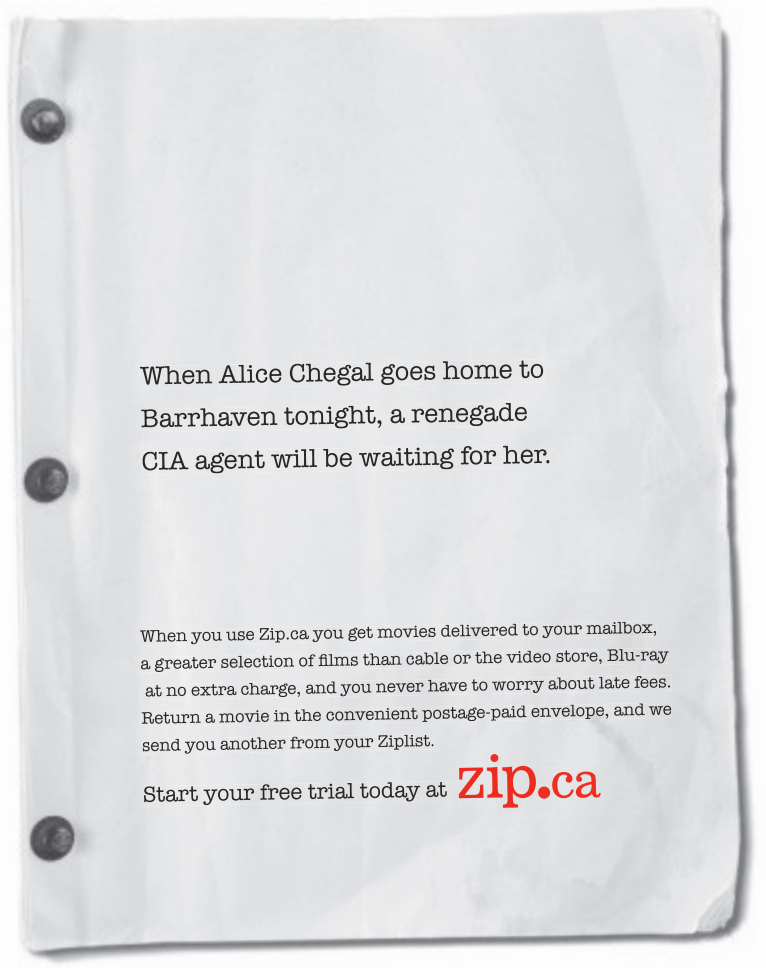
Dung: Not everyone's cup of joe

Indonesia's top Islamic body said it may forbid followers from drinking the world's most expensive coffee, extracted from the dung of a civet cat, over concerns it is unclean. Kopi Luwak is made from hard beans that have been eaten by the nocturnal critters and then fermented in their stomachs before being pooped out and roasted. It's prized for its smooth flavour and bitterless aftertaste.

Market moment

TSX	Dollar	Oil	Natural gas
– 26.18 (11,543.47)	– 0.02¢ (94.80¢ US)	+ 53¢ US ($76.54 US)	1,000 cu ft $4.510 (– 00.9¢) Gold contracts $1,181.90 (– $6.30)

PRICES AS OF 4 P.M. YESTERDAY


When Alice Chegal goes home to
Barrhaven tonight, a renegade
CIA agent will be waiting for her.
When you use Zip.ca you get movies delivered to your mailbox, a greater selection of films than cable or the video store, Blu-ray at no extra charge, and you never have to worry about late fees. Return a movie in the convenient postage-paid envelope, and we send you another from your Ziplist.
Start your free trial today at zip.ca

Reason to switch #131:

A little help made saving so much easier.

SIMPLY SAVE

Saving is effortless with Simply Save®. When you use your debit card, a little money is automatically transferred to your savings account. Switch and you could get up to $250[1].

www.tdcanadatrust.com/switch • 1-800-281-6562

TD Canada Trust
Banking can be this comfortable

® Trade-mark of The Toronto-Dominion Bank. [1] Conditions apply. See us for details. Offer available May 25 to July 23, 2010 but may be changed, extended or withdrawn at any time without notice.

SHACKING UP & SHARING A TOOTHBRUSH

She says ...

JESSICA NAPIER

Every downtown dweller knows there's nothing better than living in the city — especially when you have someone to share the rent with.

So, in the name of true love (and affordability), my boyfriend and I recently took the plunge and agreed to cohabitate. Like many couples who decide to move in together, our decision was equal parts romance and convenience.

So far, living together has been an adventure in decorating (I had no idea men had such strong opinions on floral motifs), and has resulted in a lot of practical cost-splitting opportunities. But it's also brought to light all those irritating habits we've managed to keep hidden from one other until now.

I realized our new living arrangement would require an adjustment period, so I'm coming to terms with the boxers on the floor and the wet towels thrown on the bed. But suddenly it seems like my stuff has become our stuff and my territorial instincts are starting to kick in.

"I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky."

Sure, everyone loves sharing the cable bill, but what about those more personal items?

Any guy out there with a long-term girlfriend knows our fancy overpriced shampoo smells better than yours. So I wasn't surprised when my boyfriend started helping himself. But what about towels, nail clippers, shaving cream ... I've even caught him taking a turn with my toothbrush!

Is nothing sacred?

Maybe our newfound bathroom co-dependence is just a case of comfortable familiarity, a natural progression of any long-term commitment. On the other hand, what if this intimate behaviour is killing the romance, one unhygienic toothbrushing session at a time? I might be willing to concede on some of the toiletries, but I refuse to become a couple that uses the bathroom together.

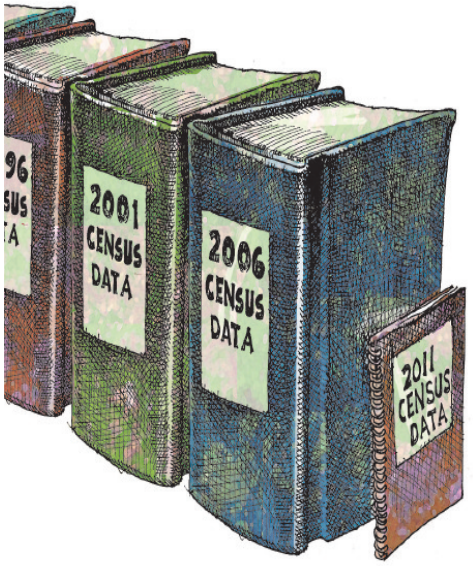
I know there are people who happily perform their nightly flossing routine while their partner is perched on the toilet beside them. I also know I will never be one of those people. I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky.

After all, every couple needs boundaries, even when you're sharing a 500-square-foot apartment.

Cartoon

MICHAEL DE ADDER

Are we being 'Conned?'



deAdder artizans.com

Letters & Tweets

TORONTO. Bit by bit, the Harper "Cons" continue to "con" the Canadian public by slyly dismantling, or reducing to minimal, the core practices of our essential, traditional statutes. The long form of the Statistics Canada census is just another casualty in the increasingly lengthy list.

Today, where we can Google the exact location where you and I live, and where there is virtually nothing the government or its agents cannot find out about us, does it make any sense for Industry Minister Tony Clement to feign intrusiveness of the long-form census? What a paradox.

Moreover, the data StatsCan collects and analyzes on the long form are used collectively and anonymously to compile statistical trends on all aspects of the Canadian population.

Lastly, the annual income tax form is much more intrusive (one of the sacred secrets of Canadians is how much money we earn) than the long-form census. If the Harper "Cons" can get away with this one, will complainants soon lobby them to get rid of the income tax forms? And what excuse will the "Cons" have for maintaining the intrusiveness of the tax forms?

GLENN HAREWOOD

More is less

ADRIAN WYLD/THE CANADIAN PRESS

What's your favourite summer movie?

Email
ottawaletters@metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Managing Editor Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Friends' Bookshop

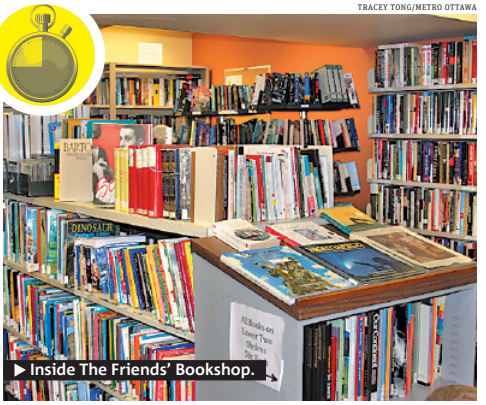
A couple of dollars goes a long way when you know where to shop.

Stock up on your beach or cottage reading at The Friends' Bookshop, located at nine City of Ottawa library branches including Cumberland, Orleans, North Gloucester, Vanier, Greenboro, Centennial, Centrepointe, Kanata and the main branch on Metcalfe Street.

These stores are stocked with thousands of books, textbooks, CDs, DVDs and video cassettes on every subject, which have been taken out of circulation or donated by library patrons. These treasures can all be had for a fraction of the original price, said volunteer Cam Edwards.

TRACEY TONG

TRACEY TONG/METRO OTTAWA



▶ Inside The Friends' Bookshop.

Available at the following Bell stores:

ARNPRIOR
6-75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
2212 Gladwin Crescent
Billings Bridge Plaza
Carlingwood Mall
Rideau Centre
St. Laurent Shopping Centre
St. Laurent Shopping Centre (kiosk)

PEMBROKE
1018 Pembroke St. E

PETAWAWA
3471- B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S

STITTSVILLE
1250 Main St.

Voted the best mobile phone.[1] Now with an offer to match.

ONLY FROM BELL

Palm® Pre™ smartphone

3-yr. term	No term
$0[5]	$299.95

SAVE $299.95
with a $50 voice and data plan.

Get $15 off a Smartphone plan.

NOW $35/MO. | Save $540 over 36 months

- 100 anytime local minutes + 100 bonus minutes
- Unlimited nights & weekends (6pm-7am)
- 500 MB of data

Choice of one feature:
- Unlimited nationwide talk and text to and from 5 numbers[2]
- Unlimited text messages[3]
- Double anytime minutes

BONUS: Get 6 months of unlimited local talking.[4]

Voted the best mobile phone at the 2009 Consumer Electronics Show.

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell saving just got better

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · FUTURE SHOP · THE SOURCE · booth the telephone booth · Available at Walmart Save money. Live better. · WIRELESSWAVE

Offer ends July 30, 2010; with new activation. Available with compatible devices within network coverage areas available from Bell Mobility. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Other monthly fees, e.g., 911 (Quebec: $0.40, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50), and one-time device activation ($35) apply. Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on phones evaluated at the Consumer Electronics Show 2009. **(2)** Applies to local and Canadian long distance calls and text messages made to and from five numbers chosen by the customer. **(3)** Sent messages include domestic text messages and exclude international, roaming, alerts, premium text messages and messages sent with an instant messaging application. Roaming messages include international GSM, CDMA and U.S. CDMA messages. Received messages include domestic, international, roaming and service related messages from Bell and exclude premium, alerts or dial-up messages. Out of bundle charges may apply. Data usage charges apply to picture & video messages. **(4)** With a 3-yr. term on a post-paid voice. **(5)** With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. Palm and Pre are among the trademarks or registered trademarks owned by or licensed to Palm, Inc.

2 scene

Singer gussied up for debut on Glee

Filipino teen gets skin-tightening procedure, Botox Career took off after appearing on Ellen and Oprah

Filipino teenage singer Charice Pempengco says she prepared for her debut on the hit TV show Glee by getting Botox and an anti-aging procedure "to look fresh on camera."

The 18-year-old Charice, whose singing career rocketed after appearing on Ellen DeGeneres' and Oprah Winfrey's talk shows, underwent a 30-minute Thermage skin-tightening procedure and Botox to make her "naturally round face" more narrow, celebrity cosmetic surgeon Vicki Belo told ABS-CBN television.

Charice, in the same interview, said last week's face makeover was part of her big preparations for her appearance on the hit show's second season. "All people will be anticipating how will Charice look? Is she good enough to pit against Rachel Berry? So of course there is tremendous pressure," Charice said. Berry is portrayed by Lea Michele, who is 23.

Charice auditioned for Glee in mid-June in Los Angeles and was thankful to have been accepted.

"It's really a blessing," she said, adding she was "very proud to be an Asian, very proud to be Filipino."

On the streets of Manila yesterday, some residents who follow Charice had mixed feelings about what she did with her face.

"I think it's OK for women to have procedures done, but Charice is too young. Does she need it?" said Patricia Carpio, a 21-year-old student.

"It may be of some benefit for the camera, but I would be reticent to consider Botox for a normal 18-year-old"
DR. MALCOLM ROTH

For Myrna Lumanao, a 23-year-old seller in a doughnut stall, looking natural is better. "I guess she can afford to have those procedures done because she has the money, but I wish she did not change her looks."

Dr. Malcolm Roth, president of New York's Society of Plastic Surgeons and director of plastic surgery at Maimonides Medical Center in New York said he wasn't sure how someone so young could benefit from Botox.

"You would think that the makeup people could take care of (any wrinkles she might have) or that they could take care of it in post-production," he said.
THE ASSOCIATED PRESS

big break

Charmaine Clarice Relucio Pempengco appeared on TV talent shows in the Philippines and South Korea before she got a big break on The Ellen DeGeneres Show at age 15

LARRY BUSACCA/GETTY IMAGES

Filipino teen singer Charice, shown in this photo taken earlier in the year, wanted to "look fresh" for her appearance on Glee.

News in brief

Brazilian soccer star Ronaldinho took to the stage with 50 Cent in a concert in Rio de Janeiro. Ronaldinho was one of the many Brazilian celebrities attending the rapper's show late Saturday and was invited to the stage, prompting a loud ovation from the fans.
THE ASSOCIATED PRESS

Husband says Zsa Zsa Gabor has successful surgery to replace broken hip

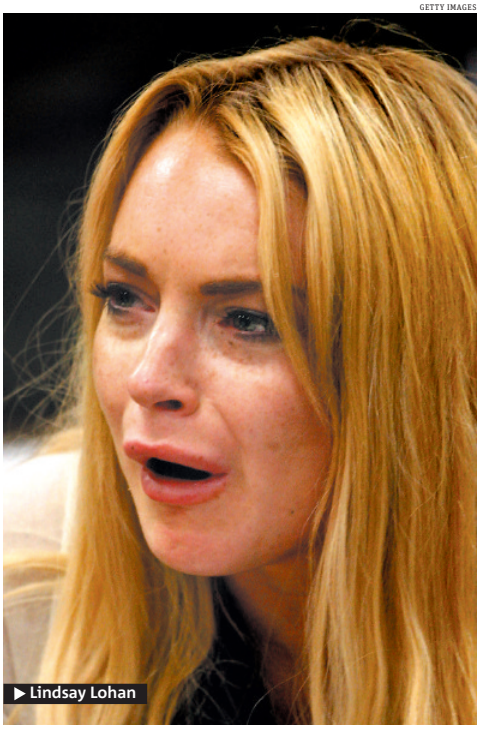
ALGONQUIN COLLEGE

Part-time Studies
Fall 2010
onCourse
Your goals. Your choice. Your guide.
Algonquin College's **Part-time Studies** offers education to suit your busy schedule: weekends or evenings, on campus or online.
Register NOW for your Fall 2010 courses!
Check out the NEW Part-time Studies website.
online at algonquincollege.com/fall by phone at 613-727-0002

Lohan headed to 'special' prison

Actress will serve jail term in isolation for own safety 90-day sentence could be cut to two weeks

GETTY IMAGES



Lindsay Lohan

Inside a nondescript two-story building next to a busy freeway in an industrial neighbourhood far removed from Hollywood is where Lindsay Lohan will likely spend several weeks as part of her punishment for violating her DUI probation.

Lohan is slated to begin her sentence Tuesday at the bleak, 16-year-old Century Regional Detention Facility in Lynwood, Calif., just south of downtown Los Angeles. The actress would be housed in the 2,200-bed facility's special needs unit, where she would live in isolation for her own safety.

Thanks to jail overcrowding and a state program that credits inmates for good behaviour, nonviolent female misdemeanour offenders such as Lohan typically serve only about 25 per cent of their sentences, according to Los Angeles County Sheriff's Department spokesman Steve Whitmore.

That means Lohan's 90-day sentence could be reduced to about three weeks and she could be out of jail in time for the premiere of Machete, the action-thriller opening Sept. 3 that stars Lohan as a nun.

The 24-year-old Mean Girls star will most certainly have to trade her sparkly Pamella Roland jumpsuit for a jail-issued orange one. Lohan will also be asked to arrive empty-handed and must surrender any jewelry.

Besides the jumpsuit, Lohan will also be given a set of simple toiletries that all inmates receive: toothbrush, toothpaste, soap, comb, deodorant, shampoo and shaving implements.

THE ASSSOCIATED PRESS

Javier Bardem

Kids on way for Bardem, Cruz?

HAPPILY MARRIED Now that Javier Bardem and Penelope Cruz are happily married, children shouldn't be too far off, at least according to Bardem's sister, Monica.

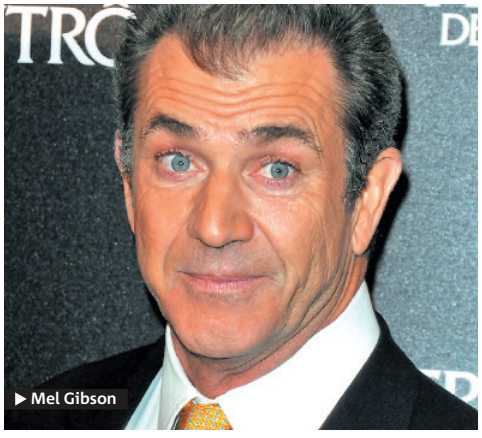
"They have shown the world they are in love," she tells on Hola!

"And it would be only normal and natural to have children."

There have even been reports that the newlyweds are currently expecting, but Cruz's rep has denied the actress is pregnant.

METRO WORLD NEWS

GETTY IMAGES



Mel Gibson

Gibson not fleeing to Australia

Despite being locked in a raging custody battle with ex-girlfriend Oksana Grigorieva and being the subject of a domestic violence investigation, Mel Gibson has no plans to flee the country, his rep tells Us Weekly.

Rumours circulated recently that the beleaguered star would escape to his native Australia, but his rep insists "there's no truth" to them. Instead, he's reportedly been back at work in New York filming Jodie Foster's new film, The Beaver.

Meanwhile, despite doubts from several sources, Grigorevia's rep insists the photo showing the Russian singer with chipped teeth that were leaked over the weekend is "true and accurate."

METRO WORLD NEWS

Talking points

Skiing naked for La Roja?

WHAT A PROMISE Enrique Iglesias may run into trouble with the law if he makes good on his promise to water-ski down the Miami coast naked if Spain won the World Cup. Miami-Dade County police tell TMZ they don't want to see anyone breaking the law, not even Iglesias. "We enforce all laws here, regardless of what your status is in the Miami community," a spokesman tells the website.

METRO WORLD NEWS

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.
ScanLife

Celebrity tweets

Jessica Alba [@jessicaalba] Just brushed a hornets nest off my sweats... Yuck

Michael Lohan [@michaelllohan] If THEY had only listened to me.... none of this would have happened. That means "YOU" D!!!!!

Conan O'Brien [@conanobrien] I found a huge design flaw in my new iPhone. People get angry when I talk on it during a funeral.

Lindsay Lohan [@lindsaylohan] I don't want my ex-father anywhere near me no matter where I am. He is crazy and scares me.

Willis takes on rug dealer

LEGAL BATTLE Bruce Willis has found himself in a tense legal battle with a Los Angeles rug dealer who claims the actor spilled red wine on a $27,700 rug while he was "road testing" it at his apartment, according to TMZ.

But Willis insists he kept the rug clean for the two months it was in his house and that he didn't spill wine on it.

He also says he offered to clean the rug, but the dealer refused.

METRO WORLD NEWS

Bruce Willis

Speidi pressed to separate

FAME GAME Spencer Pratt claims the reason his marriage to Heidi Montag fizzled is because he's obsessed with fame and "will never grow out of it," he tells People magazine. "I want every kind of press."

METRO WORLD NEWS

3 life

Uncomfortable skin tests for allergies are no longer the only option. Now, just a small sample of your blood will generally give laboratories all they need to pinpoint the cause of the irritant, as well as the ability to distinguish a true allergic reaction from other non-allergic symptoms.
NEWS CANADA

Scientists hope to ease malaria's sting with engineered mosquitoes

- The healthiest faces are the ones that are kept out of the sun as much as possible
- Toners can be very important in the heat to deal with dirt and toxins
- Self-tanners are an easy-to-apply alternatives to matte powder bronzers

▶ Products with at least an SPF of 30 are recommended to help protect your skin from the sun.

Trying to solve Summer's skin care woes

CELIA MILNE
WELLNESS@METRONEWS.CA

Whether you're hiking up mountains in British Columbia or pounding the pavement in Halifax, the summer's a tough time for your face. Protecting it from the sun is the number one thing you can do to keep it young and healthy.

"The summer can take a toll on maintaining a fabulous complexion," says Toronto beauty expert Cheryl Gushue.

We asked her to give us some tips on getting that facial glow without the long-term damage.

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."

The Canadian Dermatology Association recommends an SPF of at least 30 for all these products — lipstick, lip balm, moisturizer and foundation. Other advice: Wear a wide-brimmed hat, seek shade and avoid the sun at midday.

Your face may also be sweaty and blotchy in the summer. Says Gushue: "Try a matte powder bronzer with a big brush to finish and even out your skin tone. To prevent from overpowdering, you may want to try blotting papers."

She also suggests giving self tanners another try. "They look much more natural these days and come in many easy-to-apply alternatives."

Most women, she says, should be using a toner as well as a cleanser.

"The toner is especially important in this heat because it will remove all the dirt and toxins from the day that your cleanser can't."

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."
CHERYL GUSHUE

Skin help from inside out

Beautiful skin isn't all about products. It also comes from the inside out. Toronto beauty expert Cheryl Gushue uses what she calls the Beauty Trifecta for skin care:

1. Exercise: Daily exercise for at least 20 minutes releases endorphins and detoxifies our skin.
2. Hydrate: Proper hydration is a necessity. Drink 2 litres of water a day; it's easy if you buy 2 one-litre bottles.
3. We'd like to add one more: Don't smoke. According to the Mayo Clinic, not smoking and protecting your skin from the mid-day sun are two of the best things you can do for your skin.

CELIA MILNE

It's easy to find your skin type

If you are not sure how susceptible your skin is to sun damage and skin cancer the Canadian Dermatological Association has a quick and easy way to find out more information.

If you go to dermatology.ca and click on Skin, and then Photoaging. There, you can do a quiz about your skin type, called the Fitzpatrick skin type scale.

The quiz asks you questions about the colour of your eyes, the colour of your skin and how your skin reacts to the sun.

Based on your answers it gives you your skin type on a range of one to six.

The scale uses three major factors to get your score: genetic disposition, reaction to sun exposure and tanning habits.

METRO NEWS SERVICES

Metro speaks to celebrity skin experts Kate Somerville, Ole Henricksen and Christina Agnew on how not to let the summer damage your skin.

GETTY IMAGES

Summer sins ...

FLICKR CC STUARTWEBSTER

The Problem: Too much fun
Alcohol impairs circulation and weakens the skin's capillary walls, explains Somerville. It destroys Vitamin C, responsible for keeping our capillaries strong and when ingested in excess it breaks down the collagen in the skin, causing premature wrinkles, says Agnew.
Quick fix:
Combine steam and cold treatments on your skin. Jumping in a hot shower and followed by a burst of cold water works.

FLICKR CC ROMANA KLEE

The Problem: Late nights
Who wants to go to bed when the sun's still shining past 8 p.m.? Late nights lead to lack of sleep and deep, dark circles forming under the eyes.
Quick fix:
Henricksen advises grating cucumbers, placing them in a piece of gauze and roll them into a sushi roll. Place this on the eyes and press firmly to release the vitamins and enzymes in cucumber for 10 minutes.

FLICKR CC PINKSHERBERTPHOTOGRAPHY

The Problem: Dehydration
Forgetting to drink plenty of water is a mistake everyone makes. Add the intake of fluid from alcohol when attending summer parties and you are sure to watch your skin shrivel away.
Quick fix:
Alcohol is a diuretic and speeds the loss of water from the body causing dehydration. This means you will suffer from a headache, in other words a hangover, says Agnew.

FLICKR CC BLUEWAIKIKI

The Problem: Sunshine
After months of winter blues we all lose our senses when the sun comes out, resulting in unpleasant and painful sunburns when all you wanted was healthy tan.
Quick fix:
Apply sun block every 30 minutes and keep re-applying every two to three hours, advises Somerville. Henricksen's trick is to wear a big hat when going out to shade your face from the sun's rays.

GETTY IMAGES

The Problem: Lack of routine
Most of us can't be bothered to wash our face going to bed, falling asleep without having removed the pollution that's clung to our skin.
Quick fix:
Having a good complexion is to live a balanced life that encompasses diet, rest and relaxation. Washing your face twice a day and making sure you remove make up at night should be engrained into your beauty regime, says Somerville.

Post party

Go home and ...
Drink up to three glasses of water or green tea to re-hydrate the body and flush out toxins.
Wake up and ...
Fill the sink with cool water and ice cubes. Drench in a terry cloth and then place the cloth over your face and cover for 1 minute, says Henricksen. Alcohol robs the skin of its vitality as well as making you feel lethargic and groggy explains Agnew. Snack on vitamin C filled oranges, almonds and cashew nuts. The Vitamin C will speed up the metabolism of alcohol in the liver and the nuts will regulate blood sugar levels.

ROMINA MCGUINNESS

On Sunday, October 3, who are you running for?™ Register today, as a team or individually, for the Canadian Breast Cancer Foundation CIBC Run for the Cure. **To walk, run and give generously, visit www.cbcf.org**

CIBC Run for the Cure
CANADIAN BREAST CANCER FOUNDATION

CANADIAN BREAST CANCER FOUNDATION FONDATION CANADIENNE DU CANCER DU SEIN

Title Sponsor CIBC
National Sponsors new balance, East Side Mario's, Running Room, Canpar, REVLON

Over 60 Run sites across Canada, including LeBreton Flats, Ottawa

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN EVENINGS & SATURDAYS

NEW PATIENTS WELCOME

Located in the Rideau Shopping Centre · 613-230-7475
SMILE RIDEAU STYLE

FLUORIDE: A WELCOME, OLD FRIEND

Most of us today have grown up using fluoride as a routine weapon in our fight against cavities. Its use has become so common that it may seem difficult to believe that fluoride was not always used this way.

In Canada and the U.S., **fluoride was first introduced into drinking water in the 1940's.** Like any experiment, it started out with just a small number of communities to determine if it could be effective to reduce the incidence of dental cavities.

Well, it has certainly proven to be highly successful! **Far fewer people have required treatment for as many cavities as was the case in generations before.** The result was the expansion of fluoride to the public drinking water of most major communities in North America.

Fluoride can work in a couple of different ways to protect our teeth. Primarily, **what it does is inhibits the ability of bacteria to eat away at the minerals in our teeth.** Bacteria accumulate in the plaque that can build up in our teeth, particularly around the gum line.

If left unchecked, the plaque will continue to grow and become more difficult to remove. **The bacteria located in the plaque works with other organisms in the mouth to produce acids that can literally dissolve the structure of the tooth.** Thus, a cavity is born!

Dr. Wayne Perron
Dental Surgeon

However, **fluoride can inhibit the ability of the bacteria to produce acid**. The result is a reduction in the very activity that causes cavities.

Another benefit of fluoride is that **it literally strengthens the teeth**. In the process of cavity development, the acids developed by the bacteria in plaque can leech the minerals out of our teeth, thus sapping them of their strength.

However, as a naturally occurring element, fluoride can actually **remineralize our teeth**. Remineralizing acts like reinforcements as the teeth now have new troops to battle the invading acids!

Unfortunately, some people are concerned that fluoride in the drinking water may produce some other negative health effects. This was one of the motivating factors in the popularity of bottled water just a few short years ago.

In reality, studies have shown that the **small amount of fluoride in drinking water is not harmful to human health.** Furthermore, the low levels of fluoride found in toothpaste are also perfectly safe for use.

Given how effective fluoride has been in the fight against cavities, we certainly recommend the continued use of public tap water as a great way to quench your thirst and protect your teeth. **Visiting the dentist at least twice per year and receiving a fluoride treatment there is also a wise choice.**

Not only do such fluoride treatments benefit children and their developing teeth, many adults with exposed roots due to receding gums are also well-served by fluoride. So make sure you receive your fluoride treatments from your dentist. Because using fluoride to fight cavities is a healthy habit…and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Get a beauty boost with watermelons

▶ Watermelon is a healthy treat that can help your skin.

Believe it or not, watermelon does a lot more than simply taste good on a sunny day. We know watermelon is a low-calorie and satisfying sweet snack, but when added to your daily beauty routine it can also give your skin an enviable healthy glow.

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous," says Mareena Ostrovsky, head esthetician at Ici Paris Skin Clinic and Spa in Toronto.

Eating watermelon helps to fight free radical damage and aging through the abundant quantities of vitamins A, B and C and antioxidants. Research from Newcastle University in England reported that eating lycopene, the antioxidant found in watermelon, helps protect the skin from the sun's ultraviolet rays, which lead to sunburns and sun-induced skin aging.

The fresh juice of a watermelon alone can be applied as a natural polishing mask. Create a spa atmosphere by undertaking this easy two-step process while reclining in a warm bath; simply massage a cube of watermelon over your face, then rinse after five minutes. Complete this treatment with your favourite moisturizing cream and your skin will not only glow, but feel warm and healthy all day.

To get the most out of watermelon, remember to sink your teeth into its delicious pink flesh as often as possible. A one cup (250 mL) serving of chopped watermelon is only 51 calories and being mostly water is a great hydrator.

Watermelon is packed with nutrients including the antioxidant lycopene, vitamin C, thiamin and vitamin B6, vitamin A, pantothenic acid, magnesium and potassium. Eating watermelon and drinking watermelon juice will not only make you feel good and refreshed, it acts as a natural detoxification treatment that flushes toxins from the body. NEWS CANADA

Beauty is more than skin deep

45th FLORA ANNIVERSARY

For that healthy natural radiance, experience the energizing nutrients of Flor•Essence® Herbal Tea Blend and Efamol® Pure Evening Primrose Oil.

True health and vitality begins within your digestive system and is maintained with proper elimination. Flor•Essence® helps your body release toxins and wastes slowly so the elimination organs can handle them properly, preventing irritation and exhaustion.

Daily use of this remarkable herbal tea promotes improved digestion, greater energy, better sleep and a brighter complexion, thanks to the synergistic action of eight special herbs—burdock, slippery elm, blessed thistle, red clover, sheep's sorrel, rhubarb root, watercress and kelp.

Flor•Essence® encourages your body to remove toxins and wastes at a higher efficiency than it would on its own. This gentle, cleansing action detoxifies your cells, tissues and organs--leaving you beautiful inside and out.

Look as good as you feel by making sure you're getting enough GLA, gamma-linolenic acid. Efamol® Pure Evening Primrose Oil contains 33% more GLA than any other product. Not found in our diet naturally, GLA is produced in our bodies through a conversion process which changes linoleic acid (LA) to GLA.

Foods that contain LA include safflower and corn oil, but your body's conversion process may become less efficient due to factors like age, alcohol consumption and diets high in saturated fats. Women with PMS may have a metabolic block that interferes with the body's ability to make GLA from omega-6 fatty acids in foods. That's where Efamol® EPO can help.

Efamol® Pure Evening Primrose Oil is also a source of vitamin E for the maintenance of good health. And it's been clinically proven as an effective treatment of dry, itchy skin caused by atopic eczema (dermatitis). Daily nutritional supplementation with Efamol® EPO can help you achieve that healthy glow by saturating your skin with moisture and protecting it from environmental oxidative damage.

Flor•Essence® tea and Efamol® EPO, a beautiful combination!

Available at health food stores nationwide | www.florahealth.com | 888-436-6697

Available at

Market Organics
126 York St.
613.241.6629

Natural Food Pantry
Billings Bridge
613.737.9330
Westgate Plaza
613.728.1255
442 Hazeldean Road
613.836.3669

Natures Care
202 Bank St.
613.234.4595

Kardish Bulk Food and Nutrition
3659 Richmond Rd.
613.820.4339
2515 Bank St.
613.737.0305

Kardish Bulk Food and Nutrition
1568 Merivale Rd.
613.226.7317
841 Bank St.
613.234.6795

Pantry Plus
2433 Boulevard St-Joseph
613.830.5790

▶ Iced Melon and Berry Soup

A refreshing first course

Too hot for soup? Not for this *cool* dish. Iced melon and berry soup is best made with ripe melons.

Ingredients :
- 1 ripe honeydew melon
- 1 Tbsp fresh lime juice
- 2.5 cm piece fresh ginger, peeled and grated
- 3/4 cup blueberries
- 1/2 cup orange juice
- 2 Tbsp low-fat plain yogurt
- 3/4 cup raspberries

Preparation:

1. Halve melon, discard seeds, and use spoon to scoop flesh out of peel into food processor. Add lime juice and ginger. Purée until smooth, pausing occasionally to push pieces of melon to bottom of goblet.
2. Pour purée into bowl, cover and refrigerate until completely cool, about 30 minutes.
3. Put blueberries into food processor. Add orange juice and yogourt and purée until smooth. Transfer to second bowl, cover and refrigerate until completely cool, about 30 minutes.
4. Divide melon soup among 4 chilled glass bowls. Swirl 1/4 of blueberry purée in centre of each bowl. Scatter raspberries on top. Serve immediately.

CONTRIBUTED BY

For more information visit: readersdigest.ca

Liquid Assets

Switch up your wine countries

If you want to learn more about wine you've got to be willing to try different styles, from different countries, made with different grapes.

Not that I want to rant (look where that's gotten Mel Gibson lately!); it's just that the river to liquid expertise is flowing with more than just pinot grigio and merlot.

Take viognier. Tracing its roots to the Rhone Valley in France it has quietly become the hottest white grape on the shelf thanks to its full, floral aromas and light tropical (often spicy) flavours. That kind of personality means it's more than just menu friendly; it's a by-the-glass winner that shines bright in the summertime.

If, like me, you're mad about Thai cuisine, then the 2009 Yalumba 'Y Series' Viognier ($17.99 - $18.30) from South Australia — with its exotic mix of citrus, pear and subtle white pepper — will knock you on your pad Thai.

But don't fear red fans, viognier (thanks to its French heritage) is a blender's dream often underlining its fellow grapes with an accent of refreshing spice. The Yalumba 2008 'Y Series' Shiraz Viognier ($14.95 - $18.30) is all about bright, juicy cranberry/cherry flavours ideally matched with a rack of barbecued ribs.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

The Comwave Guarantee
If you EVER Find a Lower Rate Call Us and we'll Beat it... GUARANTEED!

Make Long Distance and Overseas Calls From Your CELL PHONE!
(at our GUARANTEED LOWEST RATES!)

CUBA 89.9 ¢/min
INDIA 2.9 ¢/min
PAKISTAN 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Barbados..... 9.9 ¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9 ¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....13.9 ¢
Kenya from .9.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal.....from 7.9 ¢
Oman..... 12.9 ¢
Fiji..... 24.9 ¢
Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq.....from 4.9 ¢
Israel.....2.9 ¢
Italy.....2.9 ¢
Russia.....from 2.9 ¢
Saudi Arabia from 9.9 ¢
South Korea.. 2.9 ¢
Sri Lanka.....9.9 ¢
Trinidad.....from 4.9 ¢
U.A.E.....16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.

UNLIMITED INDIA
(From Your Home or EVEN from your CELL PHONE)
$29.95 /month

UNLIMITED CANADA
(From Your Home or EVEN from your CELL PHONE)
$5 /month

comwave
613-216-6100
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Rate Guarantee is based on competitors lowest advertised rate for like services. Unlimited India $29.95 per month is based on a 1 year term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply, see www.comwave.ca for details.

HOW TO RESOLVE YOUR FINANCIAL FIGHTS

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

Fights about finances are pointless but learning to find new things to talk about could be invaluable

Q: My husband and I have been married for almost five years, and conversation is starting to get a bit lacklustre. I think we're both tired of hearing each other complain about co-workers and the same old banter. Do you have any suggestions for spicing up our talks?

Kate says...

If all you talk about is work, I guess it's because all you think about is work, which is incredibly sad and drone-like. You really need to get engaged with something else. Join a tennis club, volunteer at a food bank, start an aquarium. You could plan a trip or take a needlepoint class together. Or, you could just read a newspaper and talk about that, for heavens sake. Use your imaginations, you sad drone people.

Bret says...

How about taking a cue from Oprah and reading a book together? Once you've managed a few pages, you'll be bursting with stuff to talk about. You'll discuss character and theme and symbol and tone. You'll feel thoughtful and excited. You'll notice that your husband is paying attention to your ideas and not just your ass, and you will find that quietly erotic. When you grow confident enough to exchange theories about how poor Walter is going to survive his visit to the vet, you will swell with the self-important flush that is the exclusive prerogative of the thoughtful reader. And you will have had an evening off, which will make talking about co-workers seem super interesting the next day.

Q: We're always scrapping about money. Will things ever get better as our relationship evolves?

▶ Talk about money instead of fighting about it.

Bret says...

That depends. If you are a jerk about it, no, things will not improve, and, after a while, your partner will get bored of you, and shortly after that, you will join the ranks of The People Who Are Making Financial Fresh Starts In Their 40s. So maybe you should try not being such a dick for a change. What is money for? It is for spending. It is for spending on food and drinks and clothes and trips and books and electronics. If you have a pile of money and all you do is sit on it, you are a dumb. Go buy a chair if you need something to sit on.

If you are like most people your age, your largest expense is the place you live. If you are a smart person, you will realize that clever use of your spending power can make that housing expense go away. Pay down your mortgage early and you will find you can survive on one-and-a-half incomes.

All this is a long way of saying this: Fights about money always have two sides. Here are some simple rules for resolving those fights: 1) Money is for spending and only for spending. It makes a shitty chair. 2) Spending money on interest is for morons. 3) Owning your pad outright equals not having to work so hard anymore. 4) The longer you wait to take that big trip, the less fun it will be.

Old people are cranky travellers.

Oakley the unpredictable™
Perform Beautifully
With purchase of any Oakley sunglass or Rx frame, enter a draw to win one of two complete pairs of Oakley Rx! From Friday July 16th to Friday July 23rd
TRI OPTICAL 752 SOMERSET ST.W. OTTAWA ON K1R 6P8 613-234-8188
TRI OPTICAL 224 HUNT CLUB ROAD OTTAWA ON K1V 1C1 613-730-8188
眞光眼鏡 TRI OPTICAL (613) 234-8188
©2010 Oakley, Inc. Kate Voegele
oakley.ca

8 cheap beat the heat solutions

From stripping naked to cool showers, learn how to save on sweltering energy costs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Get creative to beat the heat and you'll save money too.

We were having a tropical heat wave just as I left Canada for two weeks in Florida. And when I got here, no surprise, I found more of the same. Top most of everyone's mind in this swelter is how to stay cool.

But I, being of a financial orientation, am also interested in how to stay cool while saving a bit of money. We still have the dog days of August to come and the Farmer's Alamanac tells me that most of Canada is going to be hotter than normal.

With homes increasingly being forced on to smart meters for electical usage, air conditioning is going to be even more expensive if you run it during both peak and mid-peak hours.

▶ With rising energy costs it can be tough to beat the heat.

It's all fine if you're rich or work 9 to 5 with no one in the house during the day. Not so great if you work from home, are a stay-at-home parent or have kids or elderly parents trying to stay cool during peak hours.

Here are 8 cheap Beat the Heat suggestions from steamy Florida:

1 Keep shades drawn all day and open them and windows at night
2 Keep a towel in the freezer to wrap around your neck
3 Put a bowl of ice in front of a fan
4 Roll up floor rugs to expose cooler floor surfaces
5 Take a quick cool shower before bed
6 Spritz yourself with a fine water spray
7 Even with a balcony or tiny yard lolling in a small blow up pool is very cooling
8 Strip. Really! Buck naked

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS

GET FIT FOR THE RATE FIGHT

Rising interest rates have Canadians stampeding to their banks to lock-in or consolidate their loans.

Sadly, in this state of urgency, people often forget two important pieces of information; first, interest rates are still at historically low levels, thus there is no need for the mad dash, and second, lenders are still willing to negotiate with you. Rather than rushing to secure an interest rate, often at the mercy of your lender, take a moment to coordinate your debts and develop a game-plan.

Like a boxer preparing for the ring, you need to put your gloves on and get ready for a match — an interest rate negotiation. Get prepared by gathering a detailed list of everything you owe, to whom, balances, current rates and required payments. Next, research current rates by reviewing the websites of various lenders and the Bank of Canada (bankofcanada.ca). Then ask your lender for a lower rate on all your debt. There are a variety of ways they can give do this. If your lender doesn't want to work with you, transfer your business. One more thing — don't rack up any more consumer debt while you're paying off your existing debts.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.15%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Know your tax rights

Did you know that you have rights as a Canadian taxpayer?

In fact, anyone who has dealings with the Canada Revenue Agency (CRA) has rights. Whether you are a small business, a corporation, or a benefit recipient, you are entitled to professional service and fair treatment. The Taxpayer Bill of Rights is a set of fifteen rights confirming that the CRA will serve taxpayers with professionalism and fairness. You can reach the Office of the Taxpayers' Ombudsman at 1-866-586-3839 to learn more. **NEWS CANADA**

THE CIBC switch

SWITCH for more banking access than ever before.

Now CIBC offers you more ways to do your banking and greater flexibility to bank when you want to.

24/7 MOBILE BANKING
Enjoy the convenience of banking on the go. Securely pay your bills, transfer funds by e-mail or between CIBC accounts, and review transactions and balances anywhere you can access the internet on your smartphone*.

BEST CONSUMER INTERNET BANK
Experience award-winning online banking. For two consecutive years, CIBC has been named "**Best Consumer Internet Bank**" in Canada by Global Finance Magazine†.

EVENING AND WEEKEND BANKING
Bank on your schedule with extended evening and weekend branch hours at many of our over 1,000 branches. And you can also access our more than 3,800 CIBC bank machines.

MOBILE MORTGAGE ADVISORS
For your convenience, a mobile CIBC Mortgage Advisor will come right to you with expert advice to help you make the best mortgage decision.

EARN 10,000 AEROPLAN® MILES For a limited time.
Earn 10,000 Aeroplan Miles when you open a **CIBC Unlimited®1 Chequing Account** and use CIBC Online or Mobile Banking. Offer ends September 30, 2010[1].
aeroplan

Conditions apply. Speak to an advisor about switching to CIBC. Visit any branch, go to cibc.com/switch or call 1 800 465-CIBC (2422).

It's worth a talk.

CIBC
For what matters.

[1]Open Account by Sept. 17, 2010 if by phone/online. Other conditions apply, ask in branch. **Wireless service provider fees and normal account transaction fees may apply. †As ranked by Global Finance Magazine in 08/09. ®Aeroplan is a registered trademark of Aeroplan Canada Inc. CIBC is an authorized licensee of the mark. ®1Registered trademark of CIBC. "It's worth a talk." and "CIBC For what matters." are TMs of CIBC.

4 sports

News in brief

1 Jamaal Magloire has re-signed with Miami.

2 Justin Morneau will likely miss at least another week's worth of games.

3 The Dallas Mavericks have re-signed Dirk Nowitzki.

THE ASSOCIATED PRESS

Scan this code for more sports

Wade sorry for 'World Trade' gaffe

Dwyane Wade issued an apology yesterday to those who may have been offended by his use of the phrase "World Trade" while answering a question about the upcoming Miami Heat season.

The all-star guard made the remark Sunday before the annual charity basketball game he co-hosts with Alonzo Mourning.

Standing at his locker before a group of reporters, Wade said:

"There's going to be times when we might lose one, two games in a row, maybe two games, three games in a row, you never know. It's going to seem like the world is crashed down. You all are going to make it seem like the World Trade has just went down again. But it's not going to be nothing but a couple basketball games lost and we'll have to get back on track."

▶ Wade

Yesterday, before leaving on a flight to Los Angeles, Wade issued an apology through the Heat.

In the statement, Wade said: "In an interview yesterday, I attempted to explain how some people may view the Miami Heat losing a few basketball games in a row during the upcoming season. It appears that my reference to the World Trade Center has been either inaccurately reported or taken completely out of context. I was simply trying to say that losing a few basketball games should not be compared to a real catastrophe.

"While it was certainly not my intention, I sincerely apologize to anyone who found my reference to the World Trade Center to be insensitive or offensive."

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Ilya Kovalchuk has reached a deal with the New Jersey Devils.

Jersey score: Ilya's staying

▶ Kovalchuk reaches deal with Devils for reported 17 years, $100 million

▶ Russian sniper's final choice came down to New Jersey and Los Angeles

Unlike the NBA's LeBron James, the biggest prize on the NHL free agent market isn't moving.

Ilya Kovalchuk is staying with the New Jersey Devils.

Kovalchuk's agent and the team announced yesterday that the high-scoring left-winger has agreed to a multi-year contract, ending weeks of speculation where the league's leading goal scorer since 2001 would be skating next season.

Several reports pegged the deal at 17 years and around $100 million US.

"This was a long, arduous process that has taken frankly a little longer than I thought," agent Jay Grossman said in a telephone interview with The Associated Press.

"But you know what, nothing is worth anything unless you work for it. I can tell you he is very happy to be with the New Jersey Devils."

The Los Angeles Kings, New York Islanders, Devils and SKA St. Petersburg of Russia's Kontinental Hockey League talked with Kovalchuk after free agency started July 1.

The final decision came down to the Kings and the three-time Stanley Cup champion Devils, who haven't won a title since 2003.

THE ASSOCIATED PRESS

Leaving Atlanta

How the Devils landed Ilya Kovalchuk.

1 Kovalchuk rejected a 12-year, $101-million extension offered by the Thrashers.

2 Kovalchuk was acquired by the Devils in February for a package of players and draft picks.

Schleck steaming after rival fails to wait for him

Luxembourg's Andy Schleck lost his yellow jersey as overall leader of the Tour de France to defending champion Alberto Contador yesterday after suffering mechanical failure at a disastrous moment.

Afterward, a furious Schleck accused Contador of taking the jersey unfairly because he didn't wait while Schleck stopped to fix the chain on his bike. Contador insisted he didn't know Schleck had had a problem.

French champion Thomas Voeckler won the day's race, the second of the Tour de France's four big stages in the Pyrenees, with a solo ride. Victoria's Ryder Hesjedal finished 16th to move into 10th spot overall.

THE ASSOCIATED PRESS

SPENCER PLATT/GETTY IMAGES

▶ Andy Schleck

Sports in brief

Lightning land Gagne in trade

NHL Steve Yzerman continued his makeover of the Tampa Bay Lightning yesterday. The Lightning GM acquired forward Simon Gagne from the Philadelphia Flyers for defenceman Matt Walker and a 2011 fourth-round pick. Gagne has played in 664 career NHL games, all with the Flyers, and has amassed 524 points, including 259 goals.

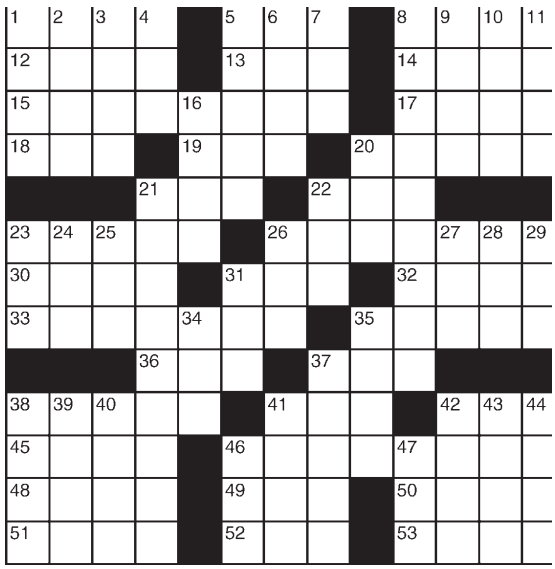
THE ASSOCIATED PRESS

Raps will play in Vancouver

NBA. Steve Nash and the Phoenix Suns will battle the Toronto Raptors in an NBA pre-season game Oct. 6 at Vancouver's Rogers Arena. Nash, a Victoria native and two-time league MVP, headlines a Suns roster that includes Grant Hill, Jason Richardson and former Raptor Hedo Turkoglu.

THE CANADIAN PRESS

Crossword



Across

1 Burbot or turbot
5 Rock band's need, for short
8 Layer
12 Opposed to
13 Cattle call?
14 Not working
15 Group's headlong rush
17 Office part-timer
18 Plaything
19 Individual
20 Elegance
21 Moreover
22 Trouble
23 Due
26 Bret Michaels' trademark
30 Crucifix
31 Snug rug occupant
32 Verve
33 Kentucky brew
35 Lachrymose
36 History chapter
37 Angry
38 Last letter
41 Droop
42 That woman
45 Actress Moore
46 Hoover Dam water
48 Oklahoma city
49 Rage
50 Saharan
51 Foolproof
52 Links statistic
53 — a soul (nobody)

Down

1 Rapid
2 Division word
3 Remain
4 That fellow
5 Improve a text
6 Fashion
7 "Ulalume" writer
8 Monopoly card
9 Notion
10 "Desire Under the —"
11 Agents, for short
16 Very early video game
20 Opposed to
21 "The Immoralist" author
22 Witty one
23 Sphere
24 Seek the affection of
25 Debt notice
26 Hamburger holder
27 Milwaukee product
28 Siesta
29 Whatever number
31 — constrictor
34 Underwear with underwire
35 Carry on
37 Creator
38 Tributes in rhyme
39 Options list
40 Eastern potentate
41 Country singer Evans
42 Antitoxins
43 Tresses
44 Vortex
46 Back talk
47 Chap

▶ Yesterday's answer

S	I	T			E	B	B		B	O	S	S
K	N	O	B		L	E	U		U	N	I	T
E	C	R	U		F	A	R		S	E	X	Y
W	H	I	S	K		D	R	A	T			
			T	I	C		O	D	E	S	S	A
B	O	R	E	D	O	M		O	R	L	O	P
U	S	E	R		B	A	G		K	A	L	E
S	L	A	C	K		R	E	N	E	W	E	D
H	O	R	R	I	D		L	E	A			
			A	N	O	N		E	T	H	E	R
S	L	O	B		W	O	O		O	O	Z	E
H	E	R	B		N	T	H		N	O	R	M
Y	O	R	E		Y	E	S			P	A	Y

Sudoku

3	5						9	6
		7	6			3		
4			9		3			
8				1		6	3	
				2				
	1	5		4				8
			4		5			2
		9			7	8		
2	6						4	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	3	2	4	7	6	1	9
6	4	7	5	1	9	2	3	8
2	9	1	6	8	3	5	7	4
7	8	5	4	6	2	3	9	1
3	1	2	7	9	8	4	6	5
4	6	9	3	5	1	8	2	7
5	3	4	9	7	6	1	8	2
9	2	8	1	3	5	7	4	6
1	7	6	8	2	4	9	5	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Arezoo, you have always been my love, my strength, my passion, and my support, When seeing that spark of joy in your eyes, I get the peace and happiness in my heart. I love you from the deepest of my heart.
NIMA

To Corri: Happy 29th .... Again. Couldn't get you off my mind.
FRANK

Michelle; you are the one! Love you so much baby.
ANDREW

My beautiful baby, Matthew
I just want you to know that you mean everything to me. You are so important and so special to me. I cannot imagine spending my life without you. I love you with all of my heart baby. Forever and always,
TIMASHA

The Weather Network
©The Weather Network 2010

Today: Partly sunny 25°/18°
Wednesday: Showers 70% 24°/17°
Thursday: Sunny 24°/17°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Your feelings for someone will swing from like to dislike and back again two minutes later. It's obvious you don't really know what your real emotions are so resist saying anything too outrageous.

♉ Taurus April 20-May 21 The reason you seem so accident prone at the moment is because you are rushing here, there and everywhere trying to get a dozen things done in record quick time.

♊ Gemini May 22-June 21 You may have taken chances with money and got away with it in the past but you must not take chances today. Avoid any and all situations where you might want to gamble.

♋ Cancer June 22-July 22 Because you are so full of yourself at the moment you could say something thoughtless and hurt someone emotionally.

♌ Leo July 23-Aug.23 Today's cosmic picture warns that your fears and insecurities could easily get the better of you. The only things you should treat with suspicion are those dark thought that creep into your head.

♍ Virgo Aug. 24- Sept. 22 Certain issues need to be brought out into the open where they can be discussed and debated in a rational manner. Be honest about what you think and feel.

♎ Libra Sept. 23-Oct. 23 You may be anxious about some of the new responsibilities you have taken on but once you get busy you will discover that you have a talent for solving problems and providing leadership.

♏ Scorpio Oct. 24-Nov. 22 You never take kindly to criticism and today will be no different. You are not in the least bit interested in other people's opinions, about you or about anything else.

♐ Sagittarius Nov. 23-Dec. 21 Try not to rush decisions today because it will cause problems that could so easily have been avoided. Logic seems to be in short supply at the moment.

♑ Capricorn Dec. 22-Jan. 20 Keep your opinions to yourself and keep your nose out of other people's business. Partners and colleagues are in no mood to accept interference, so bite your tongue.

♒ Aquarius Jan. 21-Feb. 18 Other people can sense that you are easily aggravated and will go out of their way to irritate you. Mind planet Mercury in your opposite sign urges you to keep control of your emotions.

♓ Pisces Feb. 19-March 20 Your disagreements with someone may be of a fundamental nature but you can still work together for mutual benefit.

SALLY BROMPTON

JON SUPER/THE ASSOCIATED PRESS

Caption contest

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

AP PHOTO/ERANGA JAYAWARDENA

"I LOVE THIS PAPER"
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
Available on the App Store
metronews.ca

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic
JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.Ph., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam
FREE CONSULTATION
RECOMMENDED FOR:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.
Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

FLIGHT CENTRE Unbeatable
Cancun
7 Nights 4-Star All-inclusive
$392
Be Live Cancun
+ taxes & fees $303
Departs Sep 5/acv/ac.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. acvlac=air canada. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.

$469
+Taxes & other fees
(including service charges): $320

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.

$639
+Taxes & other fees
(including service charges): $320

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 6 – 25 • 1 wk.

$749
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 6 – 25 • 1 wk.

PRIVILEGES
$799
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Sept. 5 • 1 wk.

$499
+Taxes & other fees
(including service charges): $304

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Sept. 5 • 1 wk.

$499
+Taxes & other fees
(including service charges): $304

Puerto Vallarta/ Riviera Nayarit via Toronto

Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Aug. 14 • 1 wk.

$849
+Taxes & other fees
(including service charges): $284

Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view with jacuzzi
Aug. 7 & 14 • 1 wk.

PRIVILEGES
$1069
+Taxes & other fees
(including service charges): $284

CUBA

Holguin via Toronto

Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Aug. 7 – 21 • 1 wk.

$579
+Taxes & other fees
(including service charges): $238
Departure tax: 25 CUC cash, paid locally

Santa Clara via Toronto

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 7 – 21 • 1 wk.

$699
+Taxes & other fees
(including service charges): $238
Departure tax: 25 CUC cash, paid locally

TURKS & CAICOS via Toronto

Royal West Indies Resort • 4★
Studio botanical view.
Aug. 14, 15, 21 & 22 • 1 wk.

$1059
+Taxes & other fees
(including service charges): $265

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.

$1099
+Taxes & other fees
(including service charges): $236

USA

ORLANDO via Toronto or Montreal

Coco Key Hotel & Water Resort • 4★
Double guest rm.
Sept. 6 • 1 wk.

$539
+Taxes & other fees
(including service charges): $135

CRUISE

Carnival Cruise Lines[1]

Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Jan. 9 & 16 • 1 wk.

$1099
+Taxes & other fees
(including service charges): $287

FREE seat selection, transfers & gratuities

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 4,800 Aeroplan® Miles per member†

Find us on facebook twitter

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

Carlson Wagonlit Travel

Contact your local Carlson Wagonlit Travel office today.

1-800-CARLSON www.cwtvacations.ca

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices in this ad are in Canadian dollars and are valid for bookings made between July 20 & 24, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Saint Lucia via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Carnival Cruise Lines ships' registry: The Bahamas and Panama. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

tico.ca